## Activity Tracking

## WHY DO YOU HAVE TO TRACK ACTIVITIES?

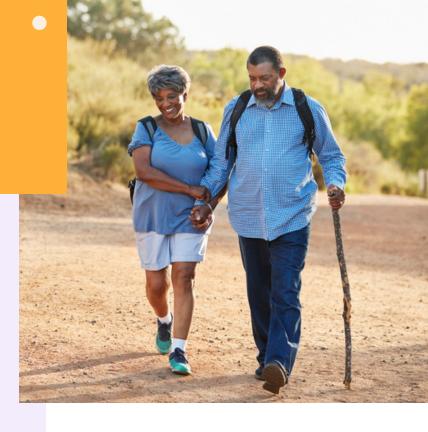
As your social wellness partner, our primary aim is to keep you active and involved. Regularly sharing your walking experiences with us is vital for continued eligibility.

A common question we get is, "What activities count?" Here's a list of activities you're likely already doing that can be considered.

**Go On Walks:** Every hike, every walk, and every club event you attend.

**Equipment Purchase:** Investing in new equipment for your passion becomes an investment in our club's future.

**Hiking Lessons and Workshops:** Participating in coaching sessions, clinics, and educational workshops to enhance your skills, fitness, or mental well-being.



**Volunteering:** Giving your time to help organize events, manage club operations, or support fellow members.

**Social Interactions:** Going out for lunch, sharing a drink, or simply spending time with club members and fostering camaraderie.

**Tournaments and Events:** Participating in or planning social events that build camaraderie.

And More: There are probably more activities you do daily around your passion for walking. If you have questions on what else may be an activity, contact us at 833-906-1700.



Call 833-906-1700
Email info@hellogrouper.com